



Junior 4th Khan - Green Prajiet

Basic Movement

Demonstrate:

- Free shadow boxing showing fluidity and balance

Pad Work

Demonstrate:

- Jumping push kick
- Combinations 1-8

Defence

Demonstrate:

- Catch push kick and riposte
- Evasion from low kicks

Clinch

Demonstrate:

- Defend advantage grip by slipping to side mount and riposte
- Throw from clinch

Theory

Demonstrate:

- Count 1-30 in Thai
- Who is the father of Muay Thai
- What are the three musical instruments used in pleng Muay (Thai fight music)
- Show good basic pad holding